



YOUTH (AGES 2-20)

BODY MASS INDEX (BMI) CALCULATOR

In young people, BMI is used to assess underweight, overweight, and risk for overweight. Children's body fatness changes over the years as they grow. Also, girls and boys differ in their body fatness as they mature. This is why BMI for children, also referred to as BMI-for-age, is gender and age specific. BMI-for-age is plotted on gender specific growth charts. These charts are used for youth, 2–20 years of age.

As with adults, BMI for youth equals a young person's weight divided by height squared, and is standardly calculated using kilograms and meters ($BMI = kg/m^2$). However, a BMI equation converting height into inches and weight into pounds is below.

You can do a BMI calculation in your office with a calculator.

$$BMI = \left(\frac{\text{weight in pounds}}{\text{height in inches} \times \text{height in inches}} \right) \times 703 =$$

Example: Patient is female, is 5' 2" tall and weighs 90 lbs.

$$BMI = \left(\frac{90}{62 \times 62} \right) \times 703 = 16.5$$

Once BMI is calculated, the next step is to use a BMI-for-age gender specific chart (also called a growth chart) to examine how this BMI rates in terms of the patient's age and sex.

Each of the CDC's BMI-for-age gender specific charts contains a series of curved lines indicating specific percentiles. Healthcare professionals use the following established percentile cutoff points to identify underweight and overweight in children.

BMI FOR AGE	WEIGHT STATUS
\leq 5th percentile	Underweight
85th percentile to < 95th percentile	At-risk for Overweight
\geq 95th percentile	Overweight

For additional information, visit the CDC's National Center for Health Statistics at www.cdc.gov/growthcharts. For the most updated online BMI calculators for adults and children, visit the CDC's website at www.cdc.gov/bmi.

VISIT WWW.AMERICAONTHEMOVE.ORG OR CALL 1.800.807.0077

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